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BILL GATES ONCE AGAIN NAMED RICHEST PERSON IN THE WORLD

PAGE 11

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FLAMES LAID LOW

The Flames' Mike Cammalleri crashes into Minnesota Wild goalie Darcy Kuemper after Kuemper made a first-period save on Monday in St. Paul, Minn. Story, page 29. JIM MONE/THE ASSOCIATED PRESS

Female pilot airs grievances over in-flight slight

Sexism. Veteran flier returns fire after ornery passenger leaves note questioning her ability

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Sexist remarks about a female pilot left on a passenger's napkin aboard a Calgary flight bound for Victoria on Sunday have prompted a fierce response from the seasoned flier herself.

Carrie Steacy, a pilot of 17 years who currently works for WestJet, said she was "shocked" by the message.

Someone named "David" wrote that the cockpit of an airplane is "no place for a woman" and asked that WestJet alert him the next time "a fair lady is at the helm so I can book another flight!"

Steacy didn't take the comments lying down, posting a heated response to her Facebook page that instantly generated hundreds of reposts and comments.

"I respectfully disagree with your opinion that the 'cockpit' (we now call it the flight deck as no c***s are required) is no place for a lady," she said. "In fact, there are no places that are not for ladies anymore."

Steacy indicated the same passenger questioned flight attendants about whether she had an adequate number of flight hours.

Reached at her home in Surrey on Monday, Steacy said she'd never encountered such rude remarks from a passenger.

"I just couldn't believe there are still people in this country that think like that," she told Metro. "It just shocked me."

WestJet was also quick to denounce the comments.

"We take enormous pride in the professionalism, skills and expertise of our pilots and this note is very disappointing," spokesperson Robert Palmer said in an emailed statement.

WITH FILES FROM EMILY JACKSON/METRO IN VANCOUVER

Rare sight

"Any time people see something that's not what they're used to, there's some resentment there."

B.C. pilot Kirsten Brazier, founder of the event The Sky's No Limit — Girls Fly Too, noting that less than six per cent of commercial pilots are women.

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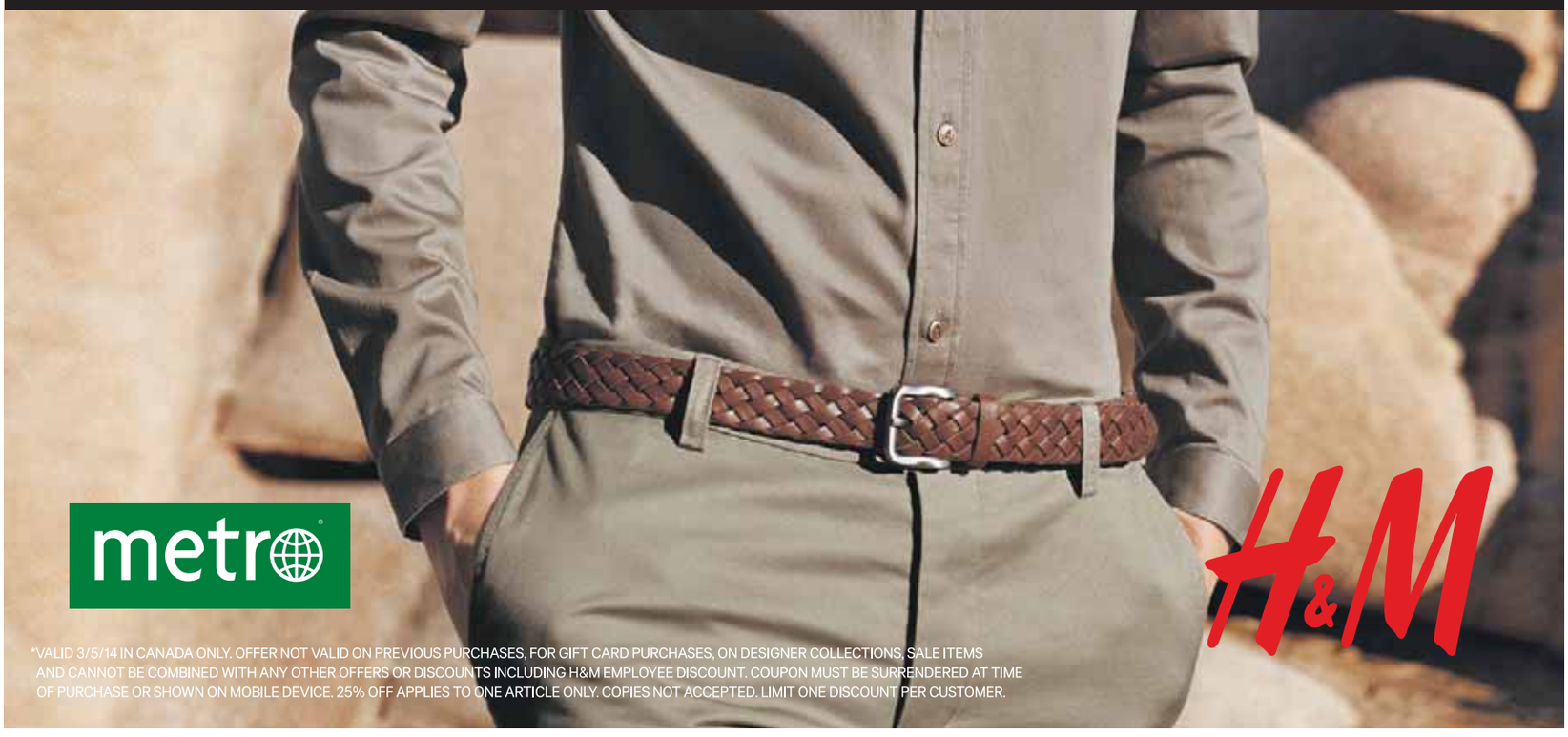

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Wrangling over school wish list

Infrastructure. Four CBE trustees reject push to publish document early, with parent groups eager to weigh in on project rankings

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Four Calgary Board of Education trustees denied a push from one of their own last week to publish a highly anticipated wish list of school-infrastructure projects early to spur better conversation with parents, Metro has learned.

The public vote came after several hours of debate behind closed doors among the seven-member board about the CBE's 2015-18 capital plan. The project ranking included in the document serves as a guide to the province when it comes time for Alberta Education to green-light new infrastructure.

When the province approved six CBE projects last month, for example, it followed the capital plan to the letter.

Sources informed Metro that CBE trustee Amber Stewart, who represents Calgary's school-starved deep south, attempted to publish the capital plan two weeks in advance of trustees approving it to allow more time for the public to review and discuss it.

The trustees had already received copies of the document and reviewed them during the meeting.

Stewart received support from fellow trustee Trina Hurdman and board chair Sheila Taylor. The board's four remaining members — Joy Bowen-Eyre, Lynn Ferguson, Pamela King and Judy Hehr — denied the move, however.

The capital plan would have been made public Monday had Stewart gotten her way. Instead, it will come out March 17 and be voted on the following day.

The board's actions left parents like Mike Bradshaw scratching their heads. He's part of a group pushing to move a school for the community of Silverado up on the capital plan — in last year's edition, it sat in the No. 33 spot.

"It's a massive document.… The frustrating thing for me is that we want to work with the CBE on this stuff. We want to be involved, we want to help," Bradshaw said. "When they throw these things at us at the last minute, you're stuck not being able to do anything."

The Association for Responsive Trusteeship in Calgary Schools has long criticized the board's stringent timelines for publishing documents and then approving them.

"We need time to have impact or input on these matters … if we're expected to advocate to our trustees, our MLAs, whoever. If we're armed with information, we're more apt to do that," said chair Larry Leach.

Taylor is typically designated to speak for the board once decisions are made. She confirmed Stewart's pitch in an interview Monday and said that she and Hurdman had supported it.

Alternative funding

Trustees Bowen-Eyre, Ferguson, King and Hehr also opposed a pitch by Taylor earlier this month to launch a conversation with stakeholders about alternative ways to fund much-needed school-infrastructure projects.

Silverado parent Mike Bradshaw said Monday he was frustrated to learn a majority of Calgary Board of Education trustees had voted against publishing a wish list of school infrastructure projects early, a move that would have given parents two weeks to review and provide comment on the board-developed project ranking. METRO FILE

Throne speech promises new deal for cities

Premier Alison Redford is promising to deliver on a promise to strike a new deal with Alberta's two big cities.

"Your government recognizes the unique challenges faced by our two largest cities and will finalize the Calgary and Edmonton city charters," Lt.-Gov. Don Ethell read from the speech from the throne Monday.

The intent is to find a better way for the two cities to manage issues unique to each metropolis rather than falling under the one-size-fits-all parameters of the Municipal Government Act.

The project, first outlined in June 2012, was delayed last year when the province had to deal with widespread flooding in Calgary and other parts of southern Alberta.

The throne speech said there will be help for other municipalities as well. The government plans to renew a multibillion-dollar long-term municipal-sustainability initiative. The program delivers lump sums to municipalities to spend on roads, community buildings and sports facilities.

And funding for a program that grants money for public-transit projects is also to be renewed. The current budget allocation for GreenTrip is $200 million.

Ethell said the province will also finish overhauling the Municipal Government Act and figure out ways to solve overlapping growth in a rapidly developing province.

"We know that Alberta's success depends on all regions of the province — no matter how small — being able to meet that growth head on."

The throne speech outlines the priorities and plans for Redford's government as it reaches the mid-term of a four-year mandate.

Finance Minister Doug Horner is to deliver the 2014-15 budget on Thursday.

THE CANADIAN PRESS

Lt.-Gov. Don Ethell delivers the throne speech at the Alberta legislature in Edmonton on Monday. JASON FRANSON/THE CANADIAN PRESS

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Call for formal breastfeeding rules in court

Apology not enough. Mom wants Alberta to put rules around feeding babies in courtrooms down in black-and-white

The Alberta mom at the centre of a courtroom breastfeeding controversy last month says she feels vindicated now that sheriffs have apologized and pledged to revise their procedures, but would like to see those changes formalized in writing.

Vauxhall resident Lisa Garrett said she received a personal apology over the phone from Alberta Justice the day after Metro reported on her experience in a Taber courtroom, in which a sheriff asked her to cover up or leave when she started breastfeeding her nine-month-old son.

"They said they were sorry for the way it was handled, the sheriffs had all been spoken to," Garrett said. "They re-iterated that, if a woman is comfortable breastfeeding where she is, she is to be left alone."

Alberta Justice spokesman Brendan Cox confirmed that the province's chief sheriff personally called Garrett to apologize and said the province is now also "looking at the standard operating procedures to determine if they need to be updated to reflect this issue."

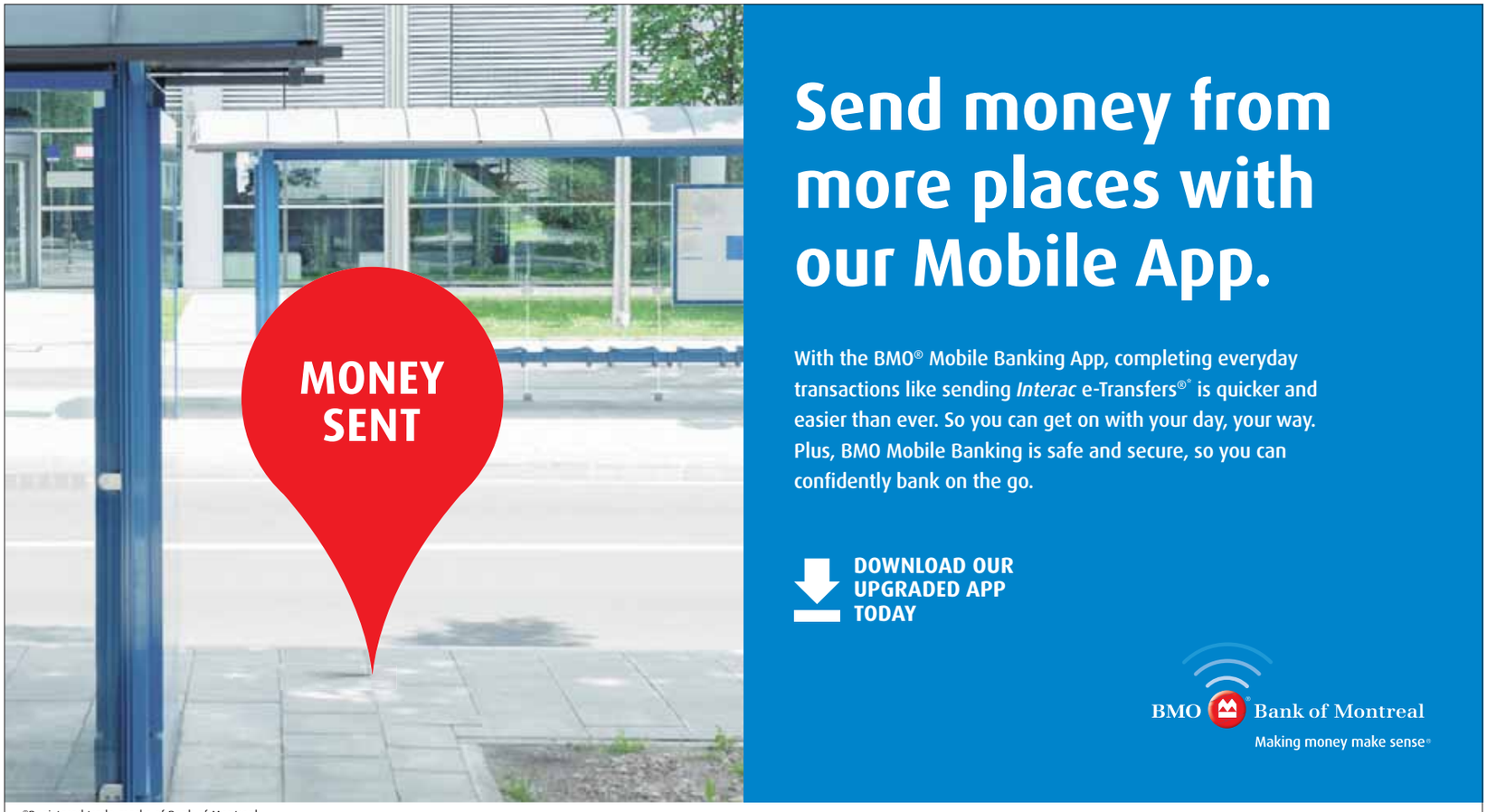
Garrett said she'd like to see the province commit to revising its training manual for courtroom security officers.

She said she's still considering filing a human rights complaint but is happy with the province's apology.

ROBSON FLETCHER/METRO

Lisa Garrett breastfeeds her son, Lucius-Reign, in this photo she posted online.

CONTRIBUTED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Calgary police raid Harvest Hills grow-op

Alberta law-enforcement officials have raided a marijuana grow operation in Calgary's Harvest Hills community.

The total value of 743 plants seized in the Feb. 25 bust, along with growing equipment, is $900,000, according to a statement from the Alberta Law Enforcement Response Teams (ALERT).

By the numbers

743

The number of plants seized in the raid, along with grow equipment, is worth $900,000, police say.

"Based on the presence of mould in the home, it would appear this grow-op has been in operation for some time," said Sgt. Len Dalton. "People underestimate the damage grow-ops can do to a home. Besides mould, there are fire risks, electrical issues, and crime-related violence."

Police have also laid charges against two women, 50-year-old Tan Le and 49-year-old Thuy Nguyen, in relation to the bust. METRO

Red Deer

Brutal group attack on Good Samaritan under investigation

RCMP are investigating what they are calling the brutal beating of a man who tried to stop a group of men from harassing a homeless person.

Witnesses say the group of five men severely beat the man early Sunday morning outside of a Red Deer bar. THE CANADIAN PRESS

Edmonton. Case of warehouse stabbings will take time: Defence

A man accused of stabbing two workers to death and injuring four others at a grocery warehouse was in court for the first time Monday.

A handcuffed Jayme Pasieka appeared on closed-circuit TV from the Edmonton Remand Centre. He confirmed his name to the judge but said nothing else.

The judge accepted a request from defence lawyer Brandon Tralenberg that the case be put over to May 5.

"Obviously there's a lot of things that have happened. There's a lot of people that want some answers," Tralenberg said outside the courtroom.

THE CANADIAN PRESS

Marijuana program 'compromised' by rapid growth: Feds

The unforeseen growth of the federal medical marijuana program has "seriously compromised" the goal of providing the drug to patients while ensuring public safety, the government says.

The number of people authorized to possess — and often grow — marijuana under the federal program has risen to 37,000 this year from fewer than 100 in 2001, resulting in "significant unintended consequences."

In a court document defending imminent changes to the program, the government says growing marijuana at home poses hazards including mould, fire, toxic chemicals and the threat of home invasion by criminals.

It says the number of licensed users could climb as high as 400,000, adding it is not possible for Health Canada to effectively inspect tens of thousands of production sites across the country.

The government also rejects legal arguments that denying people the right to produce their own pot would violate their Charter of Rights guarantee of "security of the person."

Under the existing program, people are issued licences to cultivate marijuana for personal use to help ease painful symptoms. Beginning April 1, the government plans to allow only select commercial producers to grow marijuana under "secure and sanitary conditions" for distribution to approved patients by mail.

In its submission, the government says the new system would allow people who currently grow their own pot to sell seeds to a licensed producer, making it possible for that producer to cultivate a patient's "preferred strain."

THE CANADIAN PRESS

Injunction requested

Several B.C. residents are asking the Federal Court of Canada for an injunction that would allow them to continue growing their own pot.

- They argue the planned new system would deny them a safe, affordable supply of the particular strain of marijuana that meets their medical needs.

Lawyer suing Sun News host in $100K defamation suit

Ezra Levant is shown at the University of Ottawa in March 2010. Saskatchewan lawyer Khurrum Awan, who says Levant defamed him in a series of blog posts, is seeking $100,000 in damages. Levant caused "tremendous" damage to Awan with posts labelling him a jihadist and a liar, the lawyer alleged Monday as his defamation lawsuit against the controversial Sun News Network personality went to trial.

PAWEL DWULIT/THE CANADIAN PRESS

'Rape culture'

Legal threats dropped against Ottawa student union leader

A student union leader at the University of Ottawa is no longer facing legal threats after going public about an online Facebook conversation in which she was the subject of sexually graphic banter.

But Anne-Marie Roy said she's had to grapple with backlash from some who suggest she may be magnifying what she has called a clear example of "rape culture."

"I'm not surprised this is the reaction they're having because rape culture has been so normalized that it's very subtle, it's hard to point out because it's something that we see on a regular basis," the 24-year-old said in an interview on Monday.

"I don't think I'm blowing this out of proportion."

THE CANADIAN PRESS

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REQUIREMENTS OF THE POSITION:

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- Flexible, independent, creative, efficient, entrepreneurial spirited rebel preferred

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than March 11th.

PLEASE QUOTE: "Credit Card Authorization Assistant" in the Subject Line. All submissions will be treated as confidential.

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Egyptian cops get 10 years for death sparking uprise

A court sentenced two policemen on Monday to 10 years in prison for the 2010 brutal beating death of a young Egyptian that became a rallying cry for the protesters who overthrew longtime autocrat Hosni Mubarak.

Rights groups, however, said the years-long wait before anyone was held accountable for the killing of 28-year-old small businessman Khaled Said in the port city of Alexandria highlights that the wider problem of police abuse, a major grievance of the 2011 protesters, remains unresolved.

Photographs of the dead Said's face, disfigured by what appeared to be a brutal beating, were posted on the Internet and became a rallying cry against torture and other police brutality under Mubarak. Activists used a Facebook page set up in Said's memory to call for the protests that ultimately forced Mubarak from power in February 2011.

Authorities long denied that Said was killed, with successive forensic reports and official statements claiming he had choked on a packet of drugs he swallowed to hide it from the approaching policemen.

The two low-ranking policemen — Awad Suliman and Mahmoud Salah — had previously been convicted and handed sentences of seven years but that conviction was later overturned and a new trial was ordered.

THE ASSOCIATED PRESS

Policeman Awad Suliman attends court from behind bars during the sentencing hearing of his retrial in the landmark case of the beating to death of 28-year-old Khaled Said, in the port city of Alexandria, Egypt, Monday. HEBA KHAMIS/THE ASSOCIATED PRESS

The verdict

Lawyer Mohammed Zarie said the verdict was only possible after the fall of Mubarak's regime.

- He added that the long-delayed verdict reveals the faults in a system that protects officials.

Russian President Vladimir Putin, centre, Defense Minister Sergei Shoigu, left, and the commander of the Western Military District Anatoly Sidorov, right, arrive to watch a military exercise near St. Petersburg on Monday.
MIKHAIL KLIMENTYEV/PRESIDENTIAL PRESS SERVICE/RIA-NOVOSTI/THE ASSOCIATED PRESS

Russia setting agenda in Ukraine

'Dangerous escalation.' U.S. government warned they would hold Russia accountable for threats to Ukraine's navy

Russian troops said to be 16,000 strong tightened their stranglehold on Ukraine's Crimean Peninsula on Monday, openly defying the U.S. and the European Union and rattling world capitals and stock markets.

The West struggled to find a way to get Russia to back down, but with little beyond already threatened diplomatic and economic sanctions, global markets fell sharply over the prospect of violent upheaval in the heart of Europe.

For its part, Moscow reiterated its price for ending the crisis: restoration of a deal reached with the opposition less than two weeks ago to form a national unity government in Kyiv that represents pro-Russian as well as Ukrainian interests, with new elections to be held by December.

Ukraine, meanwhile, accused Russia of piracy for blocking two of the besieged country's warships and ordering them to surrender or be seized.

The U.S. originally estimated that 6,000 Russian troops were dispatched to Crimea, but Ukraine's mission to the United Nations said Monday that 16,000 had been deployed. That stoked fears that the Kremlin might carry out more land grabs in pro-Russian eastern Ukraine.

U.S. Secretary of State John Kerry was headed to Kyiv in an expression of support for Ukraine's sovereignty, and the EU threatened a raft of punitive measures as it called an emergency summit for Thursday. The Pentagon said it was suspending exercises and other activities with the Russian military.

THE ASSOCIATED PRESS

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Want to make thousands at home?

Do your research first. Herbalife's posters offer an easy way to make cash, but the company is facing pyramid scheme allegations

JESSICA SMITH CROSS
Metro in Toronto

Have you seen a poster in your neighbourhood offering the chance to work from home?

There's a good chance it's for Herbalife, a behemoth, international, publicly traded multi-level marketing company that's sold weight loss and health products for more than 30 years.

The flyers don't mention allegations the company is a massive pyramid scheme that could one day collapse or be shut down, putting the fortunes of some of the world's poorest and richest people at stake.

A U.S. senator has called on the Federal Trade Commission to investigate if Herbalife is a pyramid scheme.

The New York Post, citing anonymous sources, reported the Canadian Competition Bureau — Canada's version of the FTC — has launched an investigation of its own, based on Canadians' complaints. The bureau would not confirm an investigation because its investigations are confidential.

There are approximately three million Herbalife distributors in 92 countries across North and South America, Europe, Asia, the Middle East and Africa — more than 13,000 in Canada.

Distributors make money two ways. The first is buying the products from Herbalife at a discount from the suggested retail price and re-selling them at a profit.

The second is payments from the company, which include a percentage of the money spent on Herbalife products by the people they recruit to become Herbalife distributors, and the people they in turn recruit, and so on, who are collectively called their "downline."

The company also issues bonuses and all-expenses paid vacations to certain distributors with high-performing downlines.

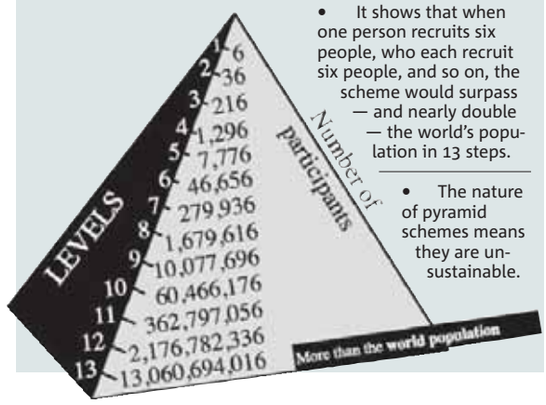
Pyramid schemes, which are illegal in most of the world, including Canada, are a type of fraud that involves participants recruiting more and more participants, where those at the top profit and those at the bottom lose out.

More online

Find out what happened when Metro reporter Jessica Smith Cross went undercover as a prospective Herbalife distributor, at metronews.ca.

Hard to climb a pyramid

This graphic, created by the U.S. Securities and Exchange Commission, illustrates a pyramid scheme.



- It shows that when one person recruits six people, who each recruit six people, and so on, the scheme would surpass — and nearly double — the world's population in 13 steps.
- The nature of pyramid schemes means they are unsustainable.

Hope vs. reality

Reading between Herbalife's lines

If you search for Herbalife online, you can find video testimonials of distributors with their expensive homes and cars.

But do those videos match reality?

To learn how Herbalife works, we called the number from a "WORK FROM HOME" flyer, listened to the pitch and signed up. Here's what we learned about new recruits' high hopes and the reality of Herbalife.

Herbalife hope

• New Herbalife distributors make money by selling the products. They buy product at 75 per cent of its retail price and can make 25 per cent profit.

Herbalife reality

• The profit margin is smaller and depends on where you live and how much product you order at once thanks to taxes and high shipping and handling fees. For example, if a new Toronto-based distributor orders the core products for a customer who pays the retail price of $102.75, the distributor's profit is just $5.95 — a margin of just over five per cent, and doesn't include overhead — such as gas and the cost of putting up flyers or setting up websites to attract customers.

Herbalife hope

• Selling Herbalife products at the suggested retail price is easy.

Herbalife reality

• There are about three million independent Herbalife distributors worldwide and many sell the products on sites such as eBay at significant discounts from the suggested retail price.

Herbalife hope

• Distributors can get a better profit margin — 50 per cent — by becoming a "supervisor" through buying $4,000 worth of product from Herbalife in one month or $2,500 and $2,500 in two consecutive months, and reselling it.

Herbalife reality

• Some Herbalife distributors become a "supervisor" by paying Herbalife $4,000 for a large shipment of product at a discount before they have the customers to sell it to, hoping to turn a greater profit. Former distributors say they've ended up stuck with product they can't sell at a profit, and unload it online.

A screen shot of a Herbalife testimonial from Herbalife Chairman's Club member Doran Andry. In the video, he says: "I step out of the Ferrari, the Bentley, or whatever, and people go — 'what does that guy do for a living?' — and I go, 'I'm a Herbalife independent distributor,' and people are absolutely amazed." YOUTUBE

Herbalife hope

• Herbalife distributors have become wealthy by building up large "downline" organizations.

Herbalife reality

• Only about one per cent of the 13,786 Canadian Herbalife distributors in 2012 made more than $10,000 all year from their "downline" sales organizations. Nine Canadians earned in the hundreds of thousands or millions of dollars.

The vast majority — 96 per cent — of Canadian Herbalife distributors made less than $1,000 from their "downlines."

Herbalife hope

• The people who don't make money just aren't trying hard enough.

Herbalife reality

• Eighty-eight per cent of Canadian distributors collected no payments from Herbalife in 2012. About 17 per cent of the company's total 13,786 Canadian distributors have put in the work to become "sales leaders with a downline" which means they, or someone in their downline, bought a significant amount of product from Herbalife — but three out of four of them made less than $1,000 in compensation in 2012.

Herbalife's response:

"Approximately 70 per cent of Herbalife members join to get a product discount and have no intention of trying to make any money. For the others, Herbalife offers an opportunity to supplement an income or build a business, based on their individual goals and efforts. As part of our commitment to our members, we believe Herbalife sets a new industry standard in terms of its consumer-protection policies, including clear, accurate and timely disclosures to prospective members regarding potential income-generating opportunities; no minimum purchases and low start-up cost; generous refund policies covering the nominally priced start-up kit and resalable product."

Ball's back in Bill Gates' court as he regains title

Spinning in his favour.
Billionaire philanthropist named world's richest person, with his net worth estimated at $76B

Warren Buffett watches Bill Gates use an oversize paddle as they play doubles against a table tennis prodigy back in 2012. Gates is once again the world's richest person while Buffet came in fourth place. NATI HARNIK/THE ASSOCIATED PRESS FILE

Microsoft co-founder Bill Gates is back on top of the list of the world's richest people after a four-year hiatus.

Forbes magazine announced its ranking of the world's billionaires Monday.

Gates, who led the list for 15 of the past 20 years, won the spot back from Mexican telecom mogul Carlos Slim Helu, who had topped the list for the past four years. Gates' net worth is estimated at $76 billion US; Slim Helu follows at $72 billion US.

Spanish clothing magnate Amancio Ortega, known for the Zara retail chain, maintained his third-ranked spot and came out ahead of famed U.S. investor Warren Buffett, who ranked fourth. Larry Ellison of Oracle came in fifth.

Forbes says a record 1,645 billionaires made the list this year, with an average net worth of $4.7 billion US. That's up from 1,426 billionaires last year with a net worth of $4.2 billion US. Total net worth of this year's list was $6.4 trillion US, up from $5.4 trillion US last year.

The magazine said that 1,080 of the billionaires were self-made, 207 inherited their wealth and 352 inherited a portion but are still growing it.

The largest net worth gainer on the list was Facebook's Mark Zuckerberg, who more than doubled his fortune to $28.5 billion US as the value of his company's stock soared. He ranks 21st on the list.

The social-media giant helped bring a few notable newcomers to the list, including Facebook's Chief Operating Officer Sheryl Sandberg and WhatsApp founders Jan Koum and Brian Acton, who recently sold their business to Facebook for $19 billion US.

Forbes said 268 billionaires were new to the list, beating out a prior high of 226 newcomers in 2008. And a record number of women made the list this year, with 172 women joining, up 25 per cent from last year.

Altogether 100 people dropped out of the rankings, while 16 passed away.

THE ASSOCIATED PRESS

Peter Mansbridge

CBC anchor fights back after report of paid speaking gig

CBC News anchor Peter Mansbridge defended himself Thursday after a report that he made a paid speech to petroleum producers, saying he has never publicly promoted or opposed oilsands development.

"If I leave a speech and those in attendance think they know where I stand on any controversial issue, then they're guessing. Because they won't find it in the words I've spoken," he wrote in a blog post on the CBC website.

THE CANADIAN PRESS

Market Minute

DOLLAR
90.22¢ (-0.08¢)

TSX
14,212.74 (+3.15)

OIL
$104.92 US (+$2.33)

GOLD
$1,350.30 US (+$28.70)

Natural gas: $4.50 US (-$0.19)
Dow Jones: 16,168.03 (-153.68)

Whether it's actually a joke, cultural commentary or a serious business venture, BiteLabs has Twitter users licking their lips in anticipation. CONTRIBUTED

Treating stars like a piece of artisanal meat

CRAIG GOODHEW
Metro World News

How does Kanye West taste? It's a mystery that has cruelly eluded mankind. But BiteLabs is promising to provide answers for a range of celebrities, to create haute-couture meats through lab-developed tissue samples. A spokesperson for the organization told us more.

What was your inspiration?
BiteLabs is a recently formed start-up that is trying to get off the ground to provoke a dialogue around what we see as an emerging market space.

How are you deciding which celebrities — did you consider their flavour?
We've consulted with culinary experts about developing flavour profiles for our celebrities. The four celebrities on the website do not necessarily make our final selection. In fact, we're willing to take any celebrity as a candidate. We've asked that our audience simply tweet at the celebrity they are interested in with the hashtag #EatCelebrityMeat.

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PROPER SPELLING IS SEXY

SHE SAYS

Jessica Napier
metronews.ca

I was browsing through a popular online dating site on the weekend when I spotted a rather strange request. In the process of completing an online profile, the site asks each new user to share his or her opinion on the concept of "Soul Matess." Incidentally, I think there's something quite sexy about an individual who takes the time to edit his work.

Today happens to be National Grammar Day, a unique holiday that brings together smug copy editors and other faultfinders to celebrate the rules that govern the English language while snickering at the linguistic ineptitude of the general population. And while I think championing proper grammar should be a year-round initiative, it's nice to have a special day for wordsmiths to unite against erroneous writing. For those of us who are afflicted with the nit-picking gene, the world is an upsetting place full of comma splices, dangling modifiers, apostrophe abuse and misspelled words.

Tim Hortons, arguably one of Canada's most iconic and nationalistic institutions, offers a selection of decidedly unpatriotic donuts. "Donuts" is the simplified American spelling of the word, made popular by the Dunkin' Donuts chain of coffee shops. North of the border, we favour the lengthier and more pompous "doughnut" for those delicious ring-shaped pieces of heaven. In this case, a spelling error isn't simply a casual mistake but a purposeful assault on our Canadian pride.

If I'm starting to sound like an insufferable stickler for proper sentence structure, it's because I am. I understand that language changes over time — hyphens are dropped as compound words are fused together, the serial comma falls in and out of favour and slang words such as "buzzworthy" and "selfie" get promoted to Oxford Dictionaries — but that doesn't mean we should throw etiquette out the window when it comes to the written word.

In her book Eats, Shoots & Leaves, writer Lynne Truss champions the important role grammar plays in clarifying meaning and eliminating ambiguity in writing. She notes that punctuation marks can be thought of as the traffic signals of language.

"They tell the reader to slow down, notice this, take a detour, and stop."

It's easy to dismiss stuffy rules about capitalization and grammar in a world that has been infiltrated by expressive emojis, text-speak abbreviations and 140-character limits. But appropriate punctuation is a necessary courtesy; it helps the reader to understand your message clearly and avoid misinterpretation.

Sometimes a well-placed punctuation mark can even mean the difference between life and death. Consider how a comma creates two very different scenarios in the following sentences:

"Let's eat, Mom!"

"Let's eat Mom!"

In this case, Mom would be very grateful for that simple piece of punctuation.

And if periods and semicolons help us navigate the roadways of language, correct spelling ensures that we are driving a car and not riding an elephant.

So the next time you visit your local Tim Hortons, I would ask that you bring along a copy of The Canadian Press Stylebook, highlight the portion that reads "doughnuts (never donuts)," and ask the manager to adjust the menu signage accordingly.

ZOOM

A foxy way to predict weather

JUAN KARITA/THE ASSOCIATED PRESS

Folk science used to optimize harvests

Farmer and traditional meteorologist Francisco Condori measures rain water with a flow meter in Cutusuma, on Lake Titicaca's southern shore in Bolivia. For centuries, farmers in the fragile ecosystems of the high Andes have looked to the behaviour of plants and animals to figure out what crops to grow and when. If reeds dried up in the late summer, rainless weather lay ahead, they believed. If the Andean fox made a howling appearance, abundant rains were thought sure to come.

THE ASSOCIATED PRESS

Birds' nests foretell rain

1.3 feet

This year, birds known as quilli quilli, a diminutive species similar to hummingbirds, built their nests about 40 centimetres (1.3 feet) above the water level. Then they dismantled them twice, finally reweaving their nests at nearly twice their original height, which farmers have used as indicators of how much the lake will rise.

Climate change challenge

"We knew it was going to rain a lot."

Francisco Condori
Traditional meteorologist in Bolivia

And so it did, so much so that rivers in the Amazon basin have flooded their banks, submerging thousands of homes. But reading those signs has become more difficult as climate change alters everything from animal behaviour to the weather.

Clickbait

DYLAN ROBERTSON
Metro Online

ISTOCK IMAGES

Not the best at romance? Keeping up is hard to do. These apps can help you stay on good terms with your sweetie. Yes, these are real apps.

BroApp:
This app will schedule texts to your significant other based on time and your location. For example, "Thinking of you at work" during the lunch hour when you're in the office. ($1.99, iOS)

Romantic Ideas:
This app helps the uncreative come up with date ideas or surprises. Examples include surprise road trips, photo collages and bedroom shenanigans. (free, iOS and Android)

BreakupText or Clean Break Up Texts:
If you have to split, these apps will help you compose a text based on how serious your relationship was, and the reasons you want to break up. (BreakupText: $1.99, iOS; Clean Break Up Texts: free, Android)

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DVD review

12 Years A Slave

Director. Steve McQueen

Stars. Chiwetel Ejiofor, Michael K. Williams, Lupita Nyong'o

Steve McQueen's superb drama, the newly crowned best picture Oscar winner, doesn't spare the stick, lash or noose in its all-too-faithful recreation of U.S. slave history. Yet it also finds humanity in one man's determination to free himself and return to his family. There is hope amidst the horror. The man is Solomon Northup, played with grace, intelligence and strength by Chiwetel Ejiofor (Children of Men). The Oscar-winning screenplay by John Ridley (Red Tails) draws from Northup's bestselling 1853 memoirs of the same name.

Northup is a 19th-century freeborn African-American, a genteel family man living in progressive New York state, who is duped, drugged and abducted by slave traders from the intolerant south. They range from the kindly (Benedict Cumberbatch) to the mercenary (Paul Giamatti) to the downright maniacal (Paul Dano and Michael Fassbender). Fassbender's Edwin Epps, a Louisiana plantation owner, comes on like a malevolent hurricane, citing holy scripture as justification for his misdeeds. These include illicit sex with a proud young slave woman Patsey (Oscar winner Lupita Nyong'o), whose very presence enrages Epps's wife, Mary (Sarah Paulson). PETER HOWELL

Need For Speed opens next Friday. CONTRIBUTED

From meth to speed: Aaron Paul shifts gears

Need For Speed.
Breaking Bad star gets behind the wheel in fast-paced action flick

COLIN MCNEIL
colin.mcneil@metronews.ca

Jesse Pinkman is about to go fast, bitch.

Fresh off the success of Breaking Bad, actor Aaron Paul's latest vehicle is Need for Speed — a high octane action film loosely based on the most successful racing video game franchise of all time.

Alongside Imogen Poots, Paul stars as all-American tough guy Tobey Marshall, a street racer framed for a crime he didn't commit, and ready for revenge in a cross-country race.

The movie features a laundry list of million-dollar play toys on wheels most of us could only dream of: Lamborghinis, Ferraris, McLarens, Porsches, and Bugattis, to name a few.

Paul's character pilots an iconic muscle classic with some 21st century power under the hood — a custom Ford Mustang.

But in real life?

"My first car was an '82 Toyota Corolla," says Paul. "It was a manual, the second gear didn't work, I had to skip from the first to the third, any time it would rain the trunk would fill up with water.

"I took such good car of that car though, I loved it so much."

I hate to Break it to 'Bad fans, but Tobey Marshall hasn't got much in common with beloved meth-rat Jesse Pinkman, except maybe that bad boy image. "He's got a leather jacket so he's definitely an anti-hero," laughs Paul. "So did Sandy, from Grease," adds co-star Poots. "I'm just saying."

Going from the intensely character-driven drama of Breaking Bad to a nitro-powered action flick was "like a night and day difference," says Paul. He credits the film's stuntmen with making his character look badass while he sits back and watches.

"What's hilarious is that they're actually very, very gentle guys," says Poots of the film's stunt performers.

"They're kind of tough on the outside but on the inside they're all kind of…"

"Softies," says Paul.

"Yup," agrees Poots.

But despite the help of badass stunt people, Paul still had to go through an intense driving course to prepare for some of the more hands-on scenes in Need for Speed. "I learned how to do reverse 180s, drifting around corners, a full 360 while driving and then driving out of it, or drifting to the side and stopping on a mark," he says.

While Paul became an amateur stunt driver in his own right, Poots isn't quite as confident behind the wheel. "I'm not really a car person at all really," she admits. "I have a push-bike, and I'm lacking in a driver's license pretty much all the time."

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Leonardo DiCaprio ALL PHOTOS GETTY IMAGES

And the defendant is...: Leo leaves the Oscars with a lawsuit in tow

As if going home from the Oscars empty-handed weren't bad enough, now Leonardo DiCaprio is being sued — along with the other producers of last year's Out of the Furnace — for defamation by members of the Ramapo Mountain, N.J., community, who claim they were painted in an unfair light by the film, according to TMZ.

"Out of the Furnace characterizes the Ramapo Mountain people in an extremely negative manner," the suit alleges. "The Plaintiffs are not the worst people, do not live in trailer homes, are not involved in an underground bare-knuckle fight ring and do not live in a self-contained world of drugs and violence." The film, starring Christian Bale, Woody Harrelson and Casey Affleck, was produced by DiCaprio's company, Appian Way.

Candied Claudia: So which model made a million for one meal?

Claudia Schiffer cannot be bought, apparently. The supermodel was once offered $1 million by an Arabian prince to join him for a dinner and serve as his "eye candy," she reveals in an interview with Jonathan Ross for his talk show. "It's not all about money," she says. "I just want to be able to walk down the street and be proud of what I do." She also says that another supermodel took the prince up on his offer when she refused, though she won't say who it was.

Claudia Schiffer

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

30 Seconds 'til I figure this situation out

MELINDA TAUB
Metro World News in New York

Are Jared Leto and Lupita Nyong'o dating or what? The two best supporting Oscar winners are rumoured to be supporting each other, if you know what I mean. Though I'm not sure that I do know. The stunning 12 Years a Slave actress weakly denied the gossip on Ellen last week.

"You know it's crazy 'cause when I read these rumours, they're so detailed that even I start to question whether they're true or not," Nyong'o said. "I know I've believed them in the past and now I guess I can't believe anything."

Her rumored paramour, on the other hand, who won a best supporting actor trophy Sunday night for his role as a transgender AIDS victim in Dallas Buyers Club, announced last night to E!'s Ryan Seacrest that yes, he's dating a best supporting actress nominee — 84-year-old June Squibb.

"Let's put the rumours to rest," he joked with Nebraska star Squibb. "We are indeed dating and it's great."

He added, "I've been having fun. I hope she is, too."

Cute, but Leto should know that I am basically taking all this jokey denial as confirmation that he and Nyong'o really are together. If they're not, they should be. They should at least make their Oscar statues kiss.

George Lopez

A lethargic Lopez tries his luck on a casino carpet

George Lopez was arrested for public intoxication after passing out on the floor of the Caesars Windsor Casino in Windsor, Ont., last week, according to Entertainment Tonight. On the bright side, though, at least the comedian and sitcom star can laugh it off. "Tied one on last night. Not feeling great this morning," he said in a statement the following day. "I was trying to sleep it off. Unfortunately, it was on the casino floor." Lopez was reportedly released without being charged.

Busy Phillips

Phillips Busy trying to find Michelle a new man

Busy Phillips is reportedly "desperate to find a man" for pal Michelle Williams, but her judgment might not be the most sound, as the Cougar Town star is apparently trying to push Williams into the newly single arms of Jake Gyllenhaal, according to Radar Online. "Busy's been trying to match-make them for a good year now and got her hopes up when she saw how Jake really became a shoulder to cry on for Michelle at their friend Philip Seymour Hoffman's funeral," a source says. "But despite her efforts, she still hasn't gotten them to go out on a date yet. Busy is not really taking into account that Jake would have an issue with dating the ex of his late close friend Heath (Ledger)." Also, Williams might not be so keen on taking her friend's advice again, as Phillips was reportedly the one who set her up with ex-boyfriend Jason Segel, "who really broke Michelle's heart," another source adds.

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Because I'm happy...

Stop thinking of happiness as a good feeling. Instead of asking, "Do I feel happy?" ask, "Am I doing something meaningful, purposeful, aligned with my values?" suggests Russ Harris, author of The Illustrated Happiness Trap. ISTOCK

Q&A. While Pharrell's song is making people want to dance in the streets, a new book explains why happiness doesn't always mean good feelings

LASSE EMIL KRISTIANSEN
Metro News in New York City

Happiness is not always about feeling good, says physician and therapist Russ Harris.

He's the author of The Illustrated Happiness Trap, which has illustrations by Bev Aisbett. We talked to Harris about the enigma of that magical "H" word. His attitude on what it means to be truly happy might surprise you.

Can you try to describe what happiness is?
Unfortunately, most people think of happiness as a feeling or emotion. They believe that happiness equates to feeling good. But this common idea of happiness creates a trap for us; it sets us up to struggle with reality. Because the things that make life rich, full and meaningful — such as building intimate relationships, raising a family, developing a meaningful career, etc. — do not just give us good feelings; they also give us all plenty of painful feelings, such as anxiety, frustration, fear of failure, disappointment, anger, sadness and so on. I would encourage people to redefine happiness as "living a rich, full and meaningful life, in which we feel the full range of human emotions, both pleasant and painful."

How is this book different from other happiness books?
Well for a start, there's nothing in about "positive thinking" or "positive affirmations" or "challenging negative thoughts." It's based on a scientifically proven model called acceptance and commitment therapy (ACT), which uses cutting-edge psychological methods, especially a mental process known as mindfulness, which enables you to handle difficult thoughts and feelings more effectively, so they have much less impact and influence over you.

Is it normal to have self-doubt on the road to happiness?
Self-doubt is normal and natural, and almost everyone has it to some extent; unfortunately most people don't openly admit to it. If you are stepping out of your comfort zone into a challenging situation with an uncertain outcome, of course you will have self-doubt. How could you possibly not? ACT teaches you how to deal with this through developing mindfulness. In a mental state of mindfulness you can let all those anxious thoughts and feelings flow through you, without getting caught up in them or swept away by them.

For your phone

Adrian Peterson Driven (iPad, $1.99)

MIND THE APP
Kris Abel
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Cold and flu viruses are some of the most widespread and adaptable pathogens nature can throw at us. It's impossible to avoid them completely, but you can arm your household with the tools you need to succeed in nature's "germ warfare."

• Sanitize hot spots: Cold and flu viruses are more frequently transmitted from non-porous surfaces, such as plastic, finished wood, and metal. Once a day, use an anti-bacterial wipe to disinfect the frequently touched hard surfaces around your home, including faucet handles, doorknobs, phones, countertops, keyboards, and remote controls.

• Keep hands clean: Because hand-to-hand and hand-to-surface contact are two of the most common ways to spread viruses, frequent hand washing is essential. Also consider getting bottles of hand sanitizer for places far from sinks, such as the car, garage, basement, and high-contact places away from home, like work or the gym.

• Separate the rations: Avoid serving foods communally. Pour snacks into individual containers rather than letting everyone reach into the bag.

• Issue tissues: Sneezing spreads germs quickly. Give your family members tissues to carry with them, and stash boxes or travel packs in key places, like the kitchen, bathrooms, bedrooms, glove boxes, backpacks, and purses. For extra care, check out Puffs Plus® with the Scent of Vicks® non-medicated facial tissue.

• Be faster about first aid: Cold and flu viruses and germs usually enter the body through the nose, mouth, or eyes, but cuts or abrasions also can be an entryway. Treat them with antiseptic, and apply a fresh bandage quickly.

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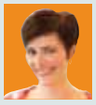

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Scallops are one of the fastest weeknight seafoods you can imagine.

They are available frozen year-round. If you buy them on sale and stock up, you can find quite a bargain for your omega-3 buck.

Unlike other frozen seafood, the protein in scallops seems to suffer less damage, netting a nicer texture when thawed then cooked.

Scallops rank around the middle of fishes in omega-3 content but low on the cholesterol, calorie and fat scale, making them excellent health food.

The only trick in cooking them is to pat dry, use a hot pan and don't cook for more than 5 minutes.

Letting them rest before serving helps the scallop to cook through all the way but a little translucence in the centre helps make sure that they aren't like eating erasers.

Three toonie-sized scallops are about 100 calories and yet 18 grams of protein (about one third of a day's requirement).

They also serve up about one-third of your omega-3 needs for the day and a healthy, balanced dose of magnesium, potassium and phosphorus.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

From N.C., with love

THERESA ALBERT
myfriendinfood.com

You know you're in for a treat when seafood is the speciality at a restaurant. That's the exact case at the historic Carolina Inn in Chapel Hill, N.C.

The walls are lined with historic photos and clippings of important goings on in the south. The dining room is rife with Southern comfort foods, including this recipe for Seared Scallops with Butternut Squash Bacon Ragout, which I adapted from Chef James Clark.

This recipe serves six. COURTESY THERESA ALBERT

Ingredients

- 1 butternut squash (about 4-5 cups cubed)
- 2 strips bacon
- 12 large scallops
- Salt and pepper to taste
- 1 tbsp butter
- 2 shallots, minced
- 2 cloves garlic, minced
- 3 tbsp white wine
- 1/2 bunch chives

1. Peel and chop squash into 1 inch cubes (or use prepared/frozen squash cubes to speed up the dish).

2. In a small pot cover the butternut squash with cold water and place on the stove on high heat and bring to a simmer. Allow to simmer 5-15 minutes until just fork tender but with bit of strain and cool.

3. Dice bacon into small cubes and cook in a large sauté pan slowly until crisp. Remove from the heat and drain and reserve the bacon pieces and the drippings separately.

4. Heat the same sauté pan, pat scallops dry with paper towel and season with the salt and pepper, add butter to the pan and place scallops to sear. Once the edges become nice and brown (about 2 mins) turn over and cook 1 min. Then remove and set on paper towels to side in a warm area.

5. In the same pan add back the bacon, shallots and garlic and sauté for a min, then add the squash and the white wine then chives.

6. Place scallops atop a bed of squash. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

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MAINTAINING A LIFE, LEARNING BALANCE

Busy is a word that has almost become cliché these days.

While everyone claims to be "busy" trying to tackle work and home life, throw in going back to school in the evenings, and one starts to really understand the real meaning of the word.

Sarah Hamid-Balma, director, mental health promotion, Canadian Mental Health Association (CMHA), B.C. division, has a few suggestions for those considering adding more to their plate.

"Be realistic about your time," Hamid-Balma says. "We are so eager to say 'yes' to everything when people need to set up some boundaries of what they want or can do."

When it comes to tackling school, on top of work and life commitments, Hamid-Balma suggests the first thing a prospective student should do is evaluate what their schedule currently looks like, what their priorities are and how to minimize the short-term harm for the long-term gain.

Hamid-Balma says some signs that you may have taken on too much include feeling like you have lost control of your life, feeling guilty about commitments, difficulty concentrating, feeling stressed or tired all the time, or just feeling like you are not living your life to the fullest.

To alleviate some of these feelings, she says to try to integrate some breaks (away from technology) in your day, like going for coffee with a friend, walking the dog, or playing with your kids.

APPLY YOUR STUDIES TO THE WORKPLACE

At Academy of Learning Career College, you are stepping into an environment that encourages a variety of learning styles and skill training programs.

The school helps you by directly applying your learning to a workplace environment, and helps you better understand the expectations of your certification or diploma program.

"We have a wide variety of diploma and certificate programs at Academy of Learning, some of them are very specific, but our office administration programs are where a large number of our graduates find success because the skills that they learn open so many doors to so many different career options," says Charles Jarvis, general manager, Academy of Learning Career College.

Incoming students are welcomed with a free, one-on-one consultation with an admissions adviser and are able to start their classes immediately.

Completion of courses and certificates range from four to 12 months, meaning it is possible for you to have your diploma within one year.

According to Alberta government labour stats, individuals who are employed in office administration can earn approximately $22 per hour. Because of their skill sets and goal orientation, there are many employment opportunities for Academy of Learning Career College grads.

For more, visit academyoflearning.ab.ca.

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University of Calgary Downtown Campus
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Lyndsay Thorlacius, MBA'13, Accenture Consulting

Register at:
haskayne.ucalgary.ca/mba

UNIVERSITY OF CALGARY

ENHANCE LEARNING WITH U OF C SEMINARS

Staying competitive in today's workplace isn't easy, and finding time for professional development can be challenging.

University of Calgary continuing education business seminars can provide an easy solution to these problems.

Business seminars are dynamic and intense full-day classes that focus on business and leadership-related topics.

Open to anyone, the seminars are taught at the main or downtown campus from 8:30 a.m. to 4:30 p.m., and range from one to three days.

Most business seminar students choose to return for additional seminars, and some go on to complete the certificate for emerging leaders program — a 98-hour program of seminars that spans five key topic areas: Relationship building; coaching; communication; personal effectiveness; and professional skills.

The certificate is an excellent addition to any resumé, and can be used as a springboard to other certificate programs.

"It's competitive out there," says Niall Gleeson, an employee with a Calgary energy company. "If you want to move into management, this can help. I've learned a lot in these seminars and I believe what I've learned will help me achieve my career goals."

When Tracy Harrington, a career adviser with the Haskayne School of Business, enrolled in the certificate for emerging leaders program it was the beginning of a transition in her work life.

With the youngest of her children approaching school age, Harrington found a way to refocus her attention on her own education and career goals.

"I was so impressed with the calibre of instruction, it's as good as you could find anywhere," Harrington says.

When Katherine Wright, a production accountant with a Calgary oil company, turned to U of C, she was looking for tools to help her in her new role as a team leader.

She went on to complete the certificate for emerging leaders program.

"Bottom line, this program has given me confidence because now I have the tools I need to interact with my team," Wright says. "I have a solid foundation to work from and reference materials to fall back on when I need them."

For more information about the U of C continuing education business seminars, visit conted.ucalgary.ca.

Katherine Wright

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ENRICH YOUR MUSICAL MASTERY AT MRU

If you are an adult who always wanted to take a crack at playing fiddle or is pining to revisit the clarinet from your childhood, the Mount Royal Conservatory is the place to do it.

Mount Royal Conservatory music and speech arts classes are open to everyone at every level.

From mothers with babies, to adults who want to learn to sing or play instruments, Mount Royal's credit-free programs are for pure enjoyment, enrichment and personal mastery.

"We offer exceptional training for those who want arts performance as enrichment in their lives," said Sheldon Nadler, Conservatory manager of general and orchestral programs. "Conservatory programs are designed to nurture artistic potential at every stage of life."

MRU offers adult beginning band, a concert band for people who miss playing instruments or have always dreamed of trying it. There are also group classes for jazz combos, adult learn-to-sing, world music drumming, and beginner guitar and keyboard.

An artist's rendering of the Bella Concert Hall.

CONTRIBUTED

"Our classes are a fun way to fulfil goals of performing or reconnecting with an instrument you played earlier in life," Nadler says.

MRU is also building a new facility, which will feature the Bella Concert Hall as its centrepiece. It's a $50-million project opening in September 2015 on campus at Mount Royal University and is Calgary's first new concert hall built in the past 30 years.

"It's a once-in-a-lifetime project and we're thrilled," Nadler says. "We are sharing the new conservatory with the community, and anyone can book space for performances, events and parties."

It will also have rooms for private lessons, rehearsal halls, a student lounge, and a special wing just for early childhood music programs.

"Our students truly grow with us, whether that means learning their first instruments, singing in our choirs, joining ensembles or gaining confidence through speech arts," Nadler says.

For more about the conservatory, visit mtroyal.ca/conservatory.

CONTINUING EDUCATION
BUSINESS SEMINARS

Designed to enhance personal and professional effectiveness, Business Seminars run from 8:30 am to 4:30 pm and include lunch. More than 100 seminars are offered each year, many of which can be applied toward a Certificate for Emerging Leaders. Anyone over 18 is welcome to enrol in an individual seminar or the certificate program. Following is a sampling of seminars running soon at the University of Calgary Downtown Campus at 906 8th Avenue SW. Enrol today.

Business Partnering for Results
Course number: BUS 182 | Section: 009
March 13 - 14 | $589 +GST

Improving Communication at Work
Course number: BUS 188 | Section: 012
March 13 | $355 +GST

Creative Conflict Resolution: Making the Most of Differences
Course number: BUS 112 | Section: 021
March 18 | $355 +GST

Effective Meeting Management
Course number: BUS 147 | Section: 015
March 19 | $355 +GST

Intentional and Purposeful Coaching
Course number: BUS 107 | Section: 013
March 19 - 20 | $589 +GST

Strengthening Your Leadership Skills
Course number: BUS 176 | Section: 009
March 20 - 21 | $589 +GST

UNIVERSITY OF CALGARY

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WILLIAM CASEY/SHUTTERSTOCK

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As Canada's premier online university, Athabasca University is focused on the future of learning. The AU experience is innovative, flexible and accessible, opening up education opportunities for adult learners just like you.

AU serves more than 40,000 students from every Canadian province and territory, as well as 87 countries worldwide. Choose from more than 800 courses in a broad range of undergraduate and graduate degree, diploma and certificate programs in arts, science, business, health, technology and professional disciplines

As an open university, AU works with learners to overcome the challenges that can prevent them from attending traditional university — challenges like family and job responsibilities or not being able to relocate for school. The school's open admission policy allows anyone 16 or older to study as an undergraduate student regardless of educational history.

If you already have a diploma, you may well be on your way to an AU degree. AU recognizes thousands of courses and hundreds of transfer programs with colleges and universities across Canada and around the world. Obtaining your degree may be closer than you think.

AU recognizes that your learning can also be acquired from life experience, job training, workshops, seminars and other experiences. Your work and/or life experience may be recognized towards earning an AU degree with the school's prior learning assessment and recognition (PLAR) process.

Undergraduate admission is offered year-round and most courses start on a monthly basis. Register for a course by the 10th of the month, and you can start as early as the first day of the next.

For more information on making AU a part of your future, visit everywhere.athabascau.ca.

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MRU EMPOWERS PEOPLE

Corporate training at Mount Royal University (MRU) is about meeting the needs of today's industry through innovation, customization and hands-on solution development.

"It is about understanding the needs of our clients," says Shahpar Mohtadi, manager, corporate training, MRU. "It's about where and when they need it."

Corporate training provides a full range of services including needs assessment, curriculum design, facilitation services, and delivery of training in online, face-to-face or hybrid modalities.

CONTRIBUTED

MRU can deliver existing course curriculum or revise or create courses according to the client's training needs.

"Focusing on the development of courses and programs, we custom-design a training solution that meets the specific needs of companies and organizations in a variety of industries," Mohtadi says. "Whether their employees need training in leadership, communications, project management or customer service, we are there to help."

MRU is focused on helping employers provide their workforce with the skills required for success in today's competitive environment.

For MRU, the first priority is to provide real-world competency-based skills that make a difference to the company's bottom line.

With a growing need for professional development, an increasing number of companies are realizing that MRU's corporate training provides their employees with the right skills that maximize their potential in the workplace.

The courses and programs that MRU offers can be taken at the state-of-the-art, LEED certified, Centre for Continuous Learning at Mount Royal, online, the client's location, or wherever the needs are.

"Our mission is to empower people to achieve their full potential, one learner at a time," Mohtadi says.

Mohtadi says feedback from clients has been positive, stating that clients have been happy with the level of flexibility offered through this training and the quality of the material.

For more information about corporate training, please email Corporatetraining@mtroyal.ca, call 403-440-5588, or visit Mtroyal.ca/corporate.

ACCESS ONLINE COURSES WITH ECAMPUS ALBERTA

Fort McMurray resident Janeen Felix was looking to further her education, so she examined her lifestyle and researched her options and decided that online learning was the way to go.

"I learned about eCampusAlberta through Keyano College where I was looking into the various program offerings," Felix says. "Then I discovered I could take the human resources management program online from Bow Valley College through eCampusAlberta."

Keyano College and Bow Valley College are two of 19 member institutions that form the eCampusAlberta consortium.

Through eCampusAlberta, Albertans have access to more than 900 online courses and 70 provincially approved online certificates, diplomas and applied degree programs.

For Felix, eCampusAlberta provided her with the flexibility to pursue post-secondary education while continuing to work and raise her son.

Through eCampusAlberta, online courses are delivered based on a lead and partner model, which allows students to take online courses offered by institutions located far from their home while still being able to access support services from an institution close to where they live.

CONTRIBUTED

Felix has enjoyed her experience with online learning, and looks forward to taking more classes through eCampusAlberta.

For a complete list of member institutions or more information about eCampusAlberta, visit eCampusAlberta.ca.

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403.440.6875
mtroyal.ca/conted

INFO NIGHT, MAY 28, 4:30-7:30 PM

EARN WHILE YOU LEARN AT HASKAYNE

Just because you can't attend school full time does not mean you need to compromise on the quality of education.

The evening Haskayne MBA program through the Haskayne School of Business (University of Calgary) offers students the same content as the daytime MBA program but in an evening format.

"The evening MBA program is designed for those who would like to earn an MBA while continuing to work in Calgary," says Michael Wright, director, MBA programs. "They can further their career without having to take a professional hiatus."

The evening programs are structured to allow you to continue working while completing a Haskayne MBA in three years (if you follow the cohort), which allows students to earn while they learn.

Evening MBA students take a block course at the beginning of the semester and then attend classes two nights a week (from 6-9). Classes are offered in the downtown campus in the first year of the program, allowing students a convenient commute for those who work downtown during the day.

Wright says one of the major benefits to the evening MBA is the real-time application of the skills learned.

Students learn theory in class and can observe how it works in practice and then apply it in their workplace.

"This real-time application reinforces the learning experience and provides tangible benefits to the students and to the employer," Wright says.

Evening MBA students are on an equal footing with daytime MBA students in taking international exchanges (most of which are two to three weeks), participating in a mentorship program, or choosing a specialization.

For more information about the evening Haskayne MBA program, visit haskaynemba.ca.

NEXT INTAKE

The next intake in the evening MBA program is September with an application deadline of June 1. For more information, contact Micheline Campanaro at micheline.campanaro@haskayne.ucalgary.ca, 403-220-3808, or toll-free at 1-877-220-3808.

STEPHEN COBURN/SHUTTERSTOCK

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NAIL DOWN ESSENTIAL SKILLS

DMITRY KALINOVSKY/SHUTTERSTOCK

The residential and commercial installers and servicers training program at McBride Career Group provides a training opportunity for unemployed Albertans with an interest in securing employment in pre-trades as a residential and commercial installer and servicer (Noc Code 7441).

This 21-week integrated skills training program, funded by Alberta Works in partnership with SAIT, offers employment preparation skills, including training and certification in essential skills, occupational skills (including training in the installation of windows, doors, siding, decks, railings, fences, cabinetry, countertops and storage systems), construction safety training systems (CSTS), first aid/CPR, WHIMS, transportation of dangerous goods (TDG), and personal protective equipment (PPE).

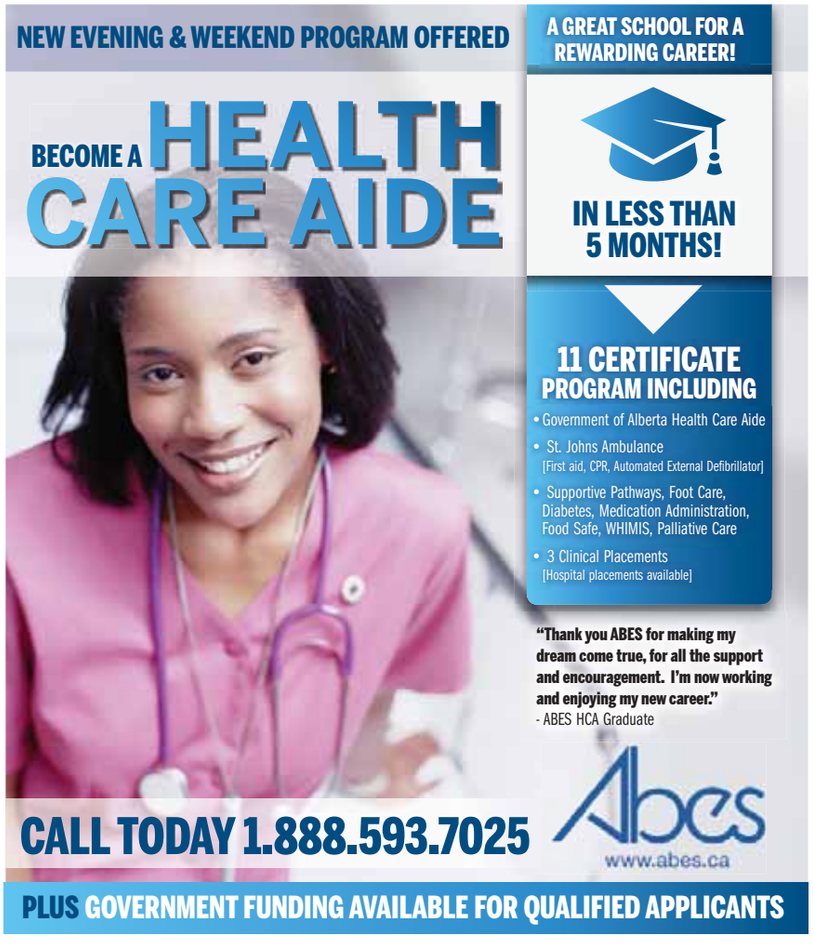
Clients receive computer skills, job search and job maintenance training, as well as a three-week work experience opportunity.

The program is free of charge with eligibility for a monthly living allowance grant while in the program.

The next program start date is April 7.

This program is midway through its fourth intake and actively recruiting for the fifth, seeking 16 men and women with the drive and commitment for change and success.

Arrange a meeting by calling 403-777-5627, or visit mcbride-careergroup.com for more.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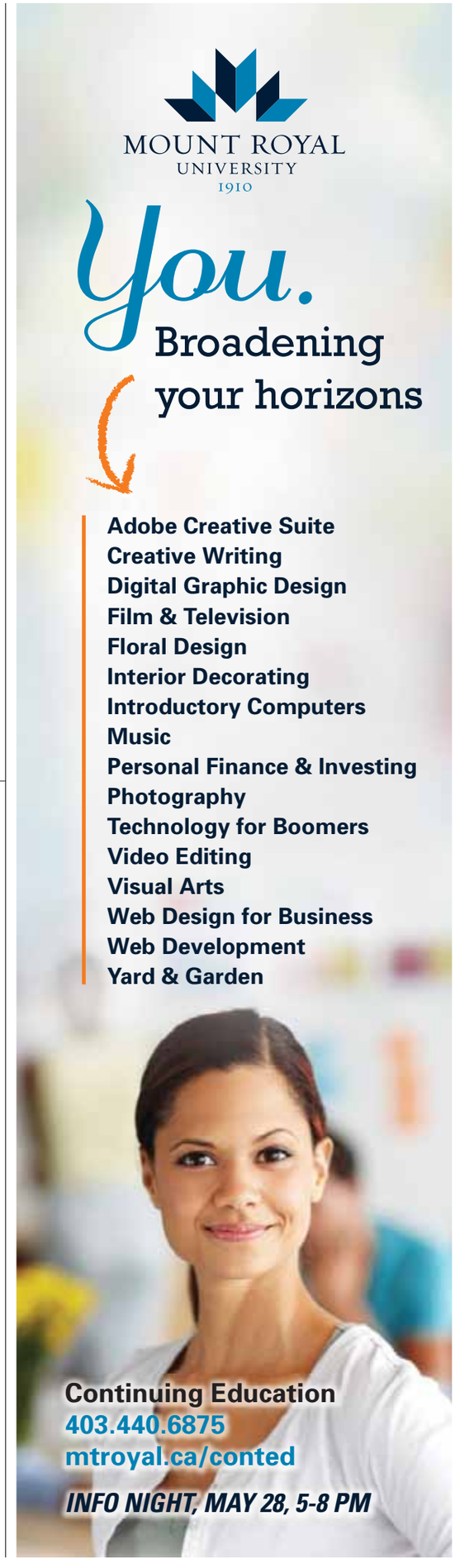

CONTRIBUTED PHOTOS

CARVE OUT A NEW CAREER

For an education that is a cut above the rest, consider checking out one of SAIT Polytechnic's many new programs offered through the school of hospitality and tourism.

The new butchery and charcuterie management program is just one of three new programs at SAIT built to meet industry needs.

"The industry demand for graduates is high in the restaurant, hotel, and butcher industry," says Tom Bornhorst, dean, school of hospitality and tourism, SAIT.

"Our new program focuses on nose to tail cooking, giving our graduates a broad skill set that helps them understand where the product came from, how to process in, and how to get the most value from it."

The butchery and charcuterie management program is the first of its kind in Canada and highlights another example of developing training based on what employers are looking for, and preparing students for success in the global hospitality industry.

This one-year certificate program will teach students the comprehensive theoretical and practical knowledge of meat handling, including value-added butchery, carcass identification and breaking, and sanitation and management skills — all required for entry into Alberta's rapidly growing retail meat cutting, charcuterie and culinary trade.

SAIT continues to set the standard for excellence in culinary education and is now offering the new introduction to cook apprentice and the food and beverage leadership certificate.

Starting in May, the four-month introduction to cook apprentice program will see students trained by leading chefs at SAIT's world-class downtown culinary campus.

The food and beverage leadership certificate has been designed for hospitality professionals.

SAIT Polytechnic's new food and beverage leadership program allows both front and back of house employees to develop business skills necessary to succeed in management positions.

Available entirely online, students will be able to access material at their convenience while continuing employment.

All SAIT courses are taught by top instructors.

For more information or to apply for these programs, call 403-284-8612, or visit sait.ca.

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DEAN DROBOT/SHUTTERSTOCK

ACCESSIBLE LEARNING

AT BOW VALLEY

Bow Valley College's goal is provide accessible learning opportunities to all its communities that fosters a lifelong learning environment.

"Continuing education provides Bow Valley College the opportunity to connect with our community at a broader scale, providing professional and personal development programs to individuals who wish to enhance existing skill sets, learn new skills or participate in special interest courses," says Beverley DeSantis, program coordinator, Chiu School of Business, Bow Valley College.

For anyone seeking to expand their knowledge, expertise or skill set, BVC offers a wide scope of options as well as delivery models, to fit the lifestyle of the vast and diverse community.

The Chiu School of Business has added three new certificate programs for those who want to develop their own personal skills.

The personal and professional development certificate prepares you for upgrading your personal skills so you can be ready for the direction you wish to head in your career.

The management development certificate is for new managers or entrepreneurs and teaches skills such as change management, performance management, and building high performance teams.

And the social media for professionals certificate demystifies social media and how to get it working for you.

For those clients who are unable to make it to BVC's downtown campus or any of the regional campuses, the school offers numerous online programs, with new courses being added frequently.

For more information, visit bowvalleycollege.ca.

ABES TRAINS MLAs

The Alberta Business and Educational Services (ABES) medical laboratory assistant program works directly with one of biggest employers of professionals in the city and surrounding areas.

This full-time program runs in partnership with Calgary Laboratory Services (CLS), where medical laboratory assistants (MLA) may find employment in hospitals, community health centres and public or private clinical laboratories.

"In 2004, CLS approached ABES due to an extreme shortage of MLAs and requested that ABES run the MLA program," says Julie Wright, campus coordinator, ABES. "This was the beginning of a very successful partnership."

ABES' partnership with CLS in the MLA program means CLS standard operating procedures are integrated throughout the program and are trained on CLS equipment.

For more information about ABES, please visit abes.ca.

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BOW VALLEY COLLEGE

GAIN IN-DEMAND SKILLS AT DIGITAL SCHOOL

INCLUDING COMPUTER-AIDED DESIGN

Going back to school to further your education does not have to rule your life.

If you are looking to enter into a career as a computer-aided drafter but cannot attend class full time, Digital School Technical Design College offers a part-time, online certificate program that can be completed at the student's own pace.

Digital School also offers other computer-aided design (CAD) training courses that are self-paced and online for in-demand training in the most up-to-date Autodesk software like AutoCAD, Inventor, Revit, and more.

All of these programing options are great for students trying to maintain a work or family life, while learning new skills that could lead to a new career in a field where trained professionals are in demand.

Digital School offers a number of full-time programs such as computer-aided drafter certificate, as well as an architectural CAD technician diploma, and engineering CAD technician diploma with process piping specialization, where students can study to earn a diploma in CAD in less than a year, with skills for which employers are looking.

Applications for the March 31 intake are now being accepted.

For more information, or to speak to a Digital School admissions adviser, please visit digitalschool.ca.

Proper planning is the key when trying to turn a small business idea into a reality. MONKEY BUSINESS IMAGES/SHUTTERSTOCK

Small business. A plan is critical

YLVA VAN BUUREN
For Metro

Starting your own business is never as easy as it seems and the better prepared you are going in, the better chance of success you have, says Lee Helkie, a Toronto financial adviser with Advocis, The Financial Advisors Association of Canada.

We often see someone who wants to start a business because they have a great idea or a passion for something and that is important, Helkie said. "But make sure there's a viable business there that can make money."

Proper planning — financial, operational, marketing, and managerial — is the key to turning the idea into a reality, according to the Canadian Bankers Association (CBA). A business plan is critical.

Here are tips to get you started:

- Keep your emotions in check. Whatever this is, you have to make money. "It's a business — treat it that way," Helkie said.
- Speak to someone in the business so you understand profitability factors and day-to-day logistics (for example, if you want to open a bake shop, bakers have to get up at 3 a.m.)
- Be clear about capital and cash flow needs. "You don't have to plan to every penny … but you need to have a guide."
- The best financing scenario is that you use your own money, Helkie said. "There's also lots of financing support including government grants for small business ... you just have to be wily about seeking it out." Visit the following link from the Canadian Business Network for more (canadabusiness.ca/eng/program/search/).

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Ask the right questions when shopping for a mortgage. For example, know what to ask beyond the interest rate, term and amortization. LDPROD/SHUTTERSTOCK

Borrow these tips for securing a loan

JANE DOUCET
For Metro

When Stephanie Holmes-Winton's clients tell her they want to get a bank loan, the first question she asks is what they plan to do with the money.

"It's important to determine whether it's in the client's best financial interest to borrow," said Holmes-Winton, the CEO of The Money Finder, a Dartmouth, N.S.-based financial services training company.

"If their plan is important enough to put a loan in place then we explore the options."

Holmes-Winton offers these borrowing-savvy tips:

Ask the right questions. When shopping for a mortgage, for example, know what to ask beyond the interest rate, term and amortization. Inquire how much you will owe when it comes up for renewal, if you can put extra payments on it if you want to pay it off faster and if there is a penalty for doing so, and whether there is a penalty for paying off the mortgage before the end of the term.

Use a line of credit wisely. Home improvements can boost resale value, but only if you don't borrow more than you think you will get back from the reno. "Don't treat a home equity line of credit like a credit card," Holmes-Winton said. "And ask if it shows up on your credit score because it could skew the score." Find out the interest rate and check to see if there are penalties for paying it off early.

Look beyond monthly payments. To buy a new car, you can get a loan through a bank or the dealership. When hammering out financing with the dealer, don't get suckered by a low sticker price. "We get sold on low monthly payments, but they can be stretched out to eight years," Holmes-Winton said. At that point, you would still be paying the loan while your wheels might need major repairs. Ask about monthly cost add-ons such as life insurance and extended warranty.

NBA

Nets not done with Collins, source says

Jason Collins spent part of his off day on Sunday shopping at Costco.

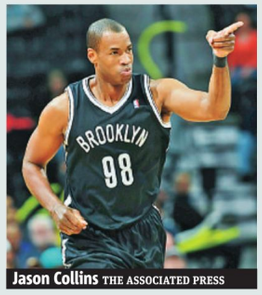
He was wise to stock up, because he'll be staying with Brooklyn for at least a little while longer.

The Nets plan to sign Collins to a second 10-day contract, a person with knowledge of the situation said Monday.

Collins signed his original deal on Feb. 23, becoming the NBA's first openly gay player, and it expires Tuesday.

Collins played the final 2:41 of the Nets' 96-80 win over Chicago on Monday, receiving a standing ovation when he entered. He missed his only shot.

THE ASSOCIATED PRESS



Jason Collins THE ASSOCIATED PRESS

NHL

Scrivens staying at home in Edmonton

The Edmonton Oilers have agreed to terms with goaltender Ben Scrivens on a two-year contract extension.

The Spruce Grove, Alta., native has posted a 3-4-0 record including one shutout since being acquired by the Oilers in a trade with the Los Angeles Kings on Jan. 15.

The 27-year old has posted a 10-9-4 record with Edmonton and the Kings, including four shutouts and a league-leading .934 save percentage.

THE CANADIAN PRESS

Ben Scrivens THE CANADIAN PRESS

Wild ride high over Flames

NHL. With deadline looming, Calgary falls again in Minnesota

Jared Spurgeon's power-play goal in the third period helped the Minnesota Wild notch their season-high fifth straight win, 3-2 over the Calgary Flames on Monday night.

Kyle Brodziak also scored, rookie Darcy Kuemper stopped 21 shots during his 15th start in a row, and the Wild raised their record at home to 22-7-2. Playing in front of their fans for the first time in 25 days due to the Olympic break, the Wild also improved to 14-4-2 since the new year began, while welcoming captain Mikko Koivu back from injury.

Zach Parise gave the Wild some insurance by camping in the crease and deflecting a shot past Reto Berra with 5:16 remaining for his 21st goal. Just 77 seconds later, Mark Giordano scored to bring the Flames back within a goal. But Kuemper hung on to raise his record to 11-3-2.

Mike Cammalleri tied it 1-1 in the second period when Koivu's pass ricocheted across the slot to him for an easy tap-in that Kuemper had no chance to stop.

Mikael Granlund had two assists while playing in the NHL for the first time against his brother Markus Granlund.

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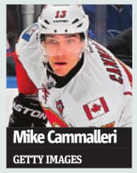
On Monday

3	2
Wild	Flames

Deadline ahead

The Flames, buried in the Western Conference, could make some moves at Wednesday's trade deadline.

- Mike Cammalleri scored for the first time since Jan. 6. He missed nine games during that stretch because of a concussion.



Mike Cammalleri GETTY IMAGES

Flames centre Lance Bouma takes a hit from Wild blue-liner Nate Prosser on Monday night in St. Paul, Minn. JIM MONE/THE ASSOCIATED PRESS

Around the NHL

- **Stars 3, Sabres 2.** Alex Chiasson broke a third-period tie with his first goal in 13 games, and Lindy Ruff earned his 600th NHL coaching victory with a 3-2 win over his former team, the Buffalo Sabres, on Monday night. Jamie Benn's slapshot from the blue-line deflected off Chiasson and past goalie Jhonas Enroth for a power-play goal at 10:25 of the third. Ruff posted his first 571 wins with the Sabres before joining the Stars.

- **Blue Jackets 2, Maple Leafs 1.** Dalton Prout and Artem Anisimov scored second-period goals, and Columbus held off Toronto.
The Maple Leafs dropped their third straight since the Winter Olympics. They had won seven consecutive at home, their best stretch there since a nine-game run in the 2006-07 season.
Mason Raymond had the lone goal for Toronto, bringing the Leafs within a goal with 4:15 remaining.

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Athletes overcoming the post-Sochi blues

Olympics. Taking a timeout appears to be best form of medicine

Heading into the Olympics, every single day of an athlete's life is structured.

Then — medal or no medal — that comes to an instant end once they step off the ice or get to the bottom of the hill of their Olympic event.

That makes the weeks and months right after a Games a challenging time for many athletes left with uncertain futures and free time on their hands.

"There's always talk about this post-Olympic lull or depression," said bobsledder Cody Sorensen of Ottawa, who just competed in the Sochi 2014 Games. "For me, it's been the opposite."

He hasn't seen the inside of a gym since the Olympics and his eating and sleeping habits are way off, too.

Members of Canada's Team 3 react after a crash during the four-man bobsled heats at the Sochi Olympics on Feb. 22. JULIAN FINNEY/GETTY IMAGES

"It's so liberating," said the 27-year-old from Ottawa.

"I haven't gotten more than four or five hours of sleep a night in the last week but I'm not stressing about it," he said.

Olympic ice dance and team event silver medallists Tessa Virtue and Scott Moir have also been enjoying a break since the Games.

"That was a pretty good training session," Moir said Monday, after a 20-minute skate at the Harbourfront Centre with elementary school kids in an RBC skate program.

"You get a bit addicted to being in shape and already it feels a bit weird," Moir said. "In the next week we'll be getting back."

The London, Ont., duo are skipping this month's world championships in Japan, in part to be able to celebrate their silver medals.

"We don't want to miss the opportunities to be part of that bigger Olympic spectrum that goes on past Feb. 22 and into March and April," said Moir.

TORSTAR NEWS SERVICE

The thrill is gone

"You work four years for one event and then it's suddenly over."

Alpine snowboarder Caroline Calvé, describing the feeling of letdown in the days following the Olympics.

World Cup

Time to heed lessons of Brazil burden

CATHAL KELLY
Special to Metro

On Saturday, the roof of the World Cup stadium in Belo Horizonte came apart in a storm and fell onto the pitch. Three hours later, they played a game there anyway.

The drainage system malfunctioned. The contest took place in splash-pool conditions.

Four other stadiums are not yet completed. Two of them aren't due for delivery until April.

Much of the infrastructure has been abandoned. Driving is impossible. There is no viable rail system. Flights are hard to find, and the prices usurious.

The potential for violence is another real concern.

Tuesday marks 100 days until the start of the 2014 World Cup in Brazil. Here's the really frustrating thing — it will all come off somehow.

Success is a function of TV. The proof is in the difference between my up-close impressions of Sochi and those of friends who watched it on TV. I found the place shabby and depressing. They thought it looked great. Success!

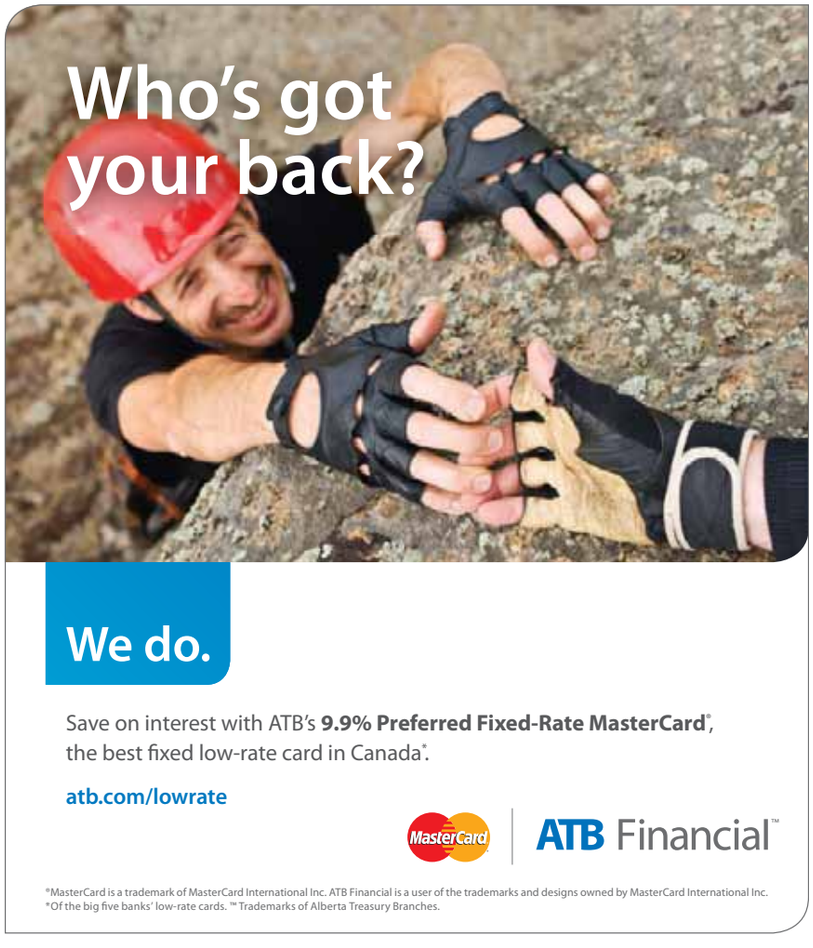
Brazil 2014 won't work well. But it will look good on TV.

It's obvious many average Brazilians have no desire to pay for the world's party.

At some point, this crooked system will collapse under its own weight. It's only been supported this long based on "fairness". Why should the First World get to host all the best parties?

Because we can afford it. Because we don't invade our neighbours. Because we don't strip our own citizens of basic necessities in order to decorate. Because we don't treat our workforce like a slave army.

Most importantly, because we put some stock in being good, rather than just looking good. **GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY.**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Scorched: LeBron's 61 points broils Bobcats

Best player. Best game of his career.

LeBron James clearly isn't ready to concede his MVP award to anyone yet.

Dazzling from inside and out, James put on the best scoring show of his NBA life on Monday night, pouring in 61 points — a career high and a franchise record — as the Miami Heat beat the Charlotte Bobcats 124-107. It was the eighth straight win for the two-time defending champions, who are starting to roll as the playoffs get near.

James made 22 of 33 shots from the field, including his first eight 3-point attempts, on the way to his historic night.

"The man above has given me some unbelievable abilities to play the game of basketball," James said. "I just try to take advantage of it every night. I got the trust of my teammates and my coaching staff to go in there and let it go."

His career best had been 56 points, on March 20, 2005, for Cleveland against Toronto. Glen Rice scored 56 to set the Heat record on April 15, 1995, against Orlando.

THE ASSOCIATED PRESS

Heat forward LeBron James wears a protective mask during Saturday's game against Orlando. James has been wearing the device since breaking his nose during a game in Oklahoma City on Feb. 20. ALAN DIAZ/THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Not everyone shares your principles and beliefs, so don't take it as a personal affront if others disagree with you today – which they will. Everyone is entitled to their own opinions.

♉ Taurus
April 21 - May 21
You may be tempted to give up on something that just won't go the way you want it to go. Don't. Later this week something will happen that makes you realize that your slow progress is just a blip.

♊ Gemini
May 22 - June 21
The planets warn that if you come on too strong today someone you work with will be so intimidated that in future they will try to keep a distance between you, which is not what you want at all.

♋ Cancer
June 22 - July 23
You have made up your mind about an issue and the more others try to change your mind the more determined you are to follow your own interpretation. Just make sure it's the correct interpretation.

♌ Leo
July 24 - Aug. 23
Someone whose personality is as strong as your own will refuse to follow your lead today and you won't be too happy about it. But what can you do? Let them do their own thing.

♍ Virgo
Aug. 24 - Sept. 23
Try not to waste time and energy on people who are clearly not worth the effort. Certain individuals will always be ungrateful no matter what you do – it's in their nature – so identify them and avoid them, as much as you can.

♎ Libra
Sept. 24 - Oct. 23
Anyone who disagrees with your right to dictate terms will be out in the cold very quickly. Usually you are happy-go-lucky but today the happiest and luckiest people will be those who don't cross you!

♏ Scorpio
Oct. 24 - Nov. 22
Try to avoid petty arguments. Yes, it may look to others as if you are taking the easy way out but the fact is you cannot be bothered to waste time irrelevant issues.

♐ Sagittarius
Nov. 23 - Dec. 21
The situation you have to deal with today is of a kind you would prefer to avoid, but you will find it provides the kind of challenges that require brain power to resolve – and that's the kind you enjoy.

♑ Capricorn
Dec. 22 - Jan. 20
You may lose your temper with a work colleague over the next 24 hours. But don't get so angry that you risk bursting a blood vessel. Why put your health at risk over someone else's stupidity?

♒ Aquarius
Jan. 21 - Feb. 19
You will be a hero to some and a villain to others today – there will be no in between. Whatever you say that causes a fuss don't let anyone tell you that you should keep quiet.

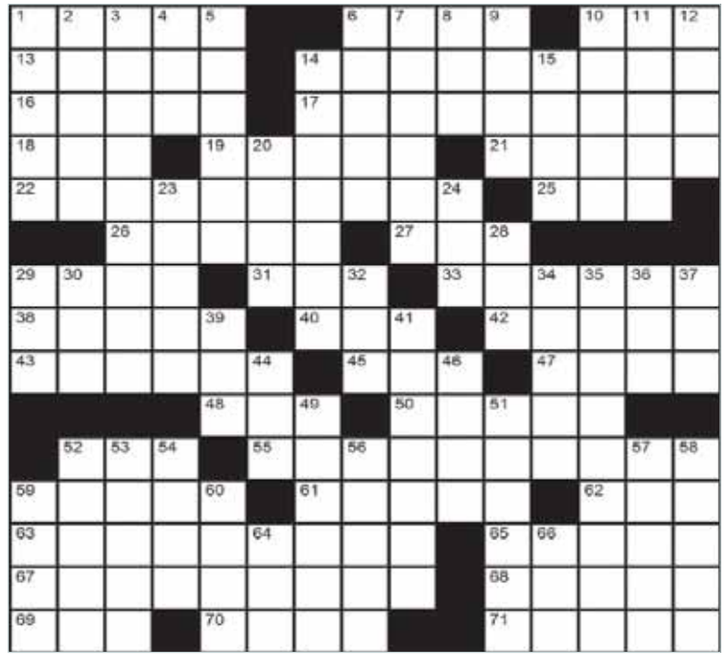
♓ Pisces
Feb. 20 - March 20
The Sun in your sign boosts your confidence and makes you believe that all things are possible – but others, it seems, still need convincing. You can, if you try, win people round to your point of view.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

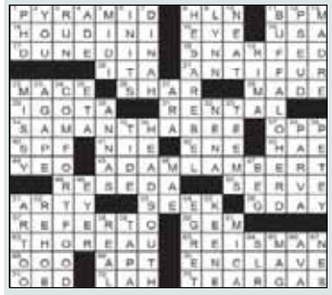
BY KELLY ANN BUCHANAN



Across
1. Desert transport
6. Historic Canadian Louis
10. "Swamp Pawn" channel
13. "Star Trek" role
14. New Orleans carnival: 2 wds.
16. Cow's 'first stomach'
17. Nightclub service: 2 wds.
18. Furniture wood
19. Launch
21. Friends, olden-days style
22. Legendary singer/songwriter/pianist: 2 wds.
25. Joe __ (Canadian who is the Creative Director of ELLE Magazine)
26. New Zealand people
27. Meas. from a circle's centre
29. Old†Testament son
31. PM or Pres., e.g.
33. Pro dancer Mr. Chmerkovskiy
38. Like green-covered stones
40. Conclusion
42. Hawk type
43. Maintenance
45. Meet
47. Microsoft's search engine
48. ABBA song
50. Will, fancy-style
52. HBC part
55. 1987 Sci-Fi movie spoof
59. Ontario: The Cochrane Polar Bear Habitat's bear whose name means 'Snowflake' in Inuktitut
61. Showbiz kid Ms. Willis
62. Mr. Wallace
63. Constellation; or, Gene Roddenberry created TV series
65. Pointed arch
67. April Wine song: 2 wds.
68. Canadian musician Mr. Zappacosta
69. Rapper, __ Rida
70. Auction actions
71. Bible-sounding verb

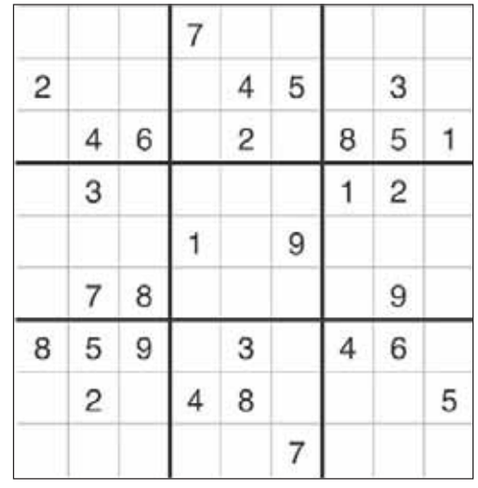
Down
1. Doctor
2. Song from 1961 Elvis movie "Blue Hawaii": "Rock-_-__ Baby"
3. Treasure of ancient Egypt: 2 wds.
4. Bard's 'before'
5. Welcome cry from a ship's crowsnest!: 2 wds.
6. French painter Mr. Dufy (b.1877 - d.1953)
7. More angry
8. Summer hrs. indicator
9. Defeat
10. Greek island
11. Papier-__
12. Frowning-upon sound effects
14. Country music's Martina
15. Robert __, PEI Premier
20. Peer
23. Reason
24. "Cheers" bartender
28. Lightly apply
29. Three-lettered bird
30. Drench
32. Medical pros
34. Samuel Taylor Coleridge poem, __ Khan
35. Bowl of apples painting, for instance: 2 wds.
36. Canadian broadcaster Marci
37. "I'm a __: half man, half dog. I'm my own best friend." — John Candy in #55-Across
39. Not no
41. Vintage Sony CD-player
44. Neg. opposite
46. Yoredom's 'you'
49. Banquet
51. Overseas
52. Commonplace
53. "Then...?": 2 wds.
54. Portable dwelling of Mongolia
56. Luxury cars
57. Mr. Strauss' pants
58. Sugary
59. Sailing spar sort
60. Hoda __ (NBC daytime chat personality)
64. Ath.'s injury scan
66. __ Worm (Toy)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

9	3	6	5	4	7	8	2	1
1	7	5	3	8	2	9	4	6
2	4	8	1	9	6	5	7	3
4	8	7	6	3	1	2	5	9
5	6	1	2	7	9	3	8	4
3	9	2	4	5	8	1	6	7
6	1	4	9	2	5	7	3	8
8	5	3	7	1	4	6	9	2
7	2	9	8	6	3	4	1	5

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